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The new realities of eating disorders

More than 3,000 Albertans are affected by them,
and experts say the stereotypes are wrong

metroNEWS

PHOTO ILLUSTRATION BY ANDRES PLANA

Notley grows inner circle

POLITICS

Additions to cabinet include first openly gay minister

Premier Rachel Notley has expanded her inner circle by almost half, carved up responsibilities and titles and appointed an openly gay cabinet minister.

Ricardo Miranda, who represents the constituency of Calgary Cross, now heads Culture and Tourism.

"I guess it's historic in some ways, but to me it's just a reflection of how far we've come in this province," Miranda said.

Kristopher Wells, director of the Institute for Sexual Minority Studies at the University of Alberta, used Twitter to congratulate the former flight attendant on becoming the "first publicly out LGBTQ cabinet minister in Alberta's history!"

"It's important to know our history and our past — this is a

province that was very hostile and unfriendly to LGBT people until very recent times," Wells said in an interview, citing past opposition to same-sex marriage.

"Diversity does not happen on its own — it takes thought and intentionality to ensure that Albertans are appropriately represented and also the diversity of ideas and backgrounds and lived experiences is critical.... I don't underestimate what this means to the LGBT community and particularly to young people who may strive to hold office."

Also new to cabinet are Calgary backbenchers Stephanie McLean and Brandy Payne, both of whom are pregnant.

McLean, who is due Sunday, is the new minister for Service Alberta, which is in charge of provincial registries. She will also be responsible for the status of women, a duty formerly held by Environment Minister Shannon Phillips. Payne becomes the associate minister for health.

THE CANADIAN PRESS

More coverage, page 6



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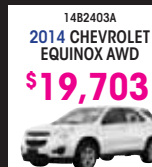
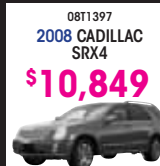
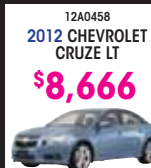
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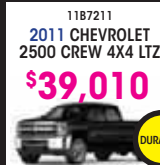
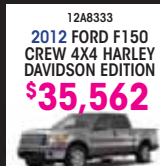
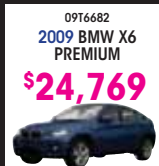
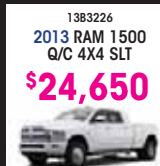
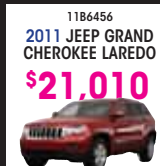


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Wiarion Willie and Shubenacadie Sam disagree on whether we can expect an early spring. **Canada**

‘A perfect storm brewing’ for homeless population

THE NEIGHBOUR CENTRE

Drop-in centre visits surging amid hikes in urban policing



Alex Boyd
Metro | Edmonton

Kris Knutson has seen a lot of new faces over the last few months.

As the head of the Neighbour Centre, a drop-in centre located in Old Strathcona for homeless citizens, it's a concern.

"It's a perfect storm brewing between the economy and the Ice District — with the increased level of security and policing (downtown) and the amount of activity," Knutson said. "I can't help but see it impacting the homeless people who have hung out in that area. Where do they go?"

Knutson's observations are showing up in hard numbers. In January, the drop-in centre was visited 1,472 times by roughly 400-500 different people. Of these, 108 were people who'd never come to the centre before.

Knutson said they've seen almost 100 new people every month since November.

The Neighbour Centre



Kris Knutson, executive director of the Neighbour Centre, says services for displaced citizens are under increased pressure.

KEVIN TUONG/FOR METRO



We're getting worried about what the next year or two holds.

Kris Knutson

is not the only resource for homeless people that's under increased pressure in Edmonton.

Susan McGee, CEO of Homeward Trust, said the group is seeing an increase in demand. "We are seeing migration within the city because the downtown facilities are really full," she said.

She said that while it's

100
Average number of new visitors to the drop-in centre per month, since November 2015.

too soon to point to exact causes, the increased pres-

sure is clear. In the last year Homeward Trust had a target of housing 100 families, but ended up having to find space for more than 250, she said.

"I think that what we're seeing in general, is there are a lot of people who are really struggling," McGee said. She added the organization is also seeing more people who are experiencing a housing crisis

for the first time.

Knutson said the rising demand means the Neighbour Centre could be in financial deficit at the end of the year. With economic projections shaky, the future of both government grants and public donations is uncertain.

"We're getting worried about what the next year or two holds," he said.

REACH

City crisis team gets a boost



Ryan Tumilty
Metro | Edmonton

As Edmonton's homeless population increasingly moves south across the North Saskatchewan, REACH's 24/7 crisis team is getting ready to follow.

The crisis team received an unexpected boost during city budget discussions that will allow them to add more vehicles to provide homeless and vulnerable people services.

One of those new vehicles will work in the Whyte Avenue area, and Lindsay Daniller, REACH's director of community initiatives, said they want to figure out exactly how best to serve the neighbourhood.

"We needed to get a much better sense from agencies in the Whyte Avenue area," she said. "That is really quite different than the downtown at the moment, so you have to be very responsive."

REACH had only been asking for \$500,000, but received \$1 million during budget deliberations in large part because the van can divert calls that would otherwise go to police or EMS.

Daniller said they hope to have the van up and running in the area by June, but it could be much sooner. REACH also plans to add another van in the downtown that will help expand the area they cover.

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SETTLEMENT

Schools adding staff, services for Syrians



Sanam Islam
Metro | Edmonton

With a wave of new Syrian students starting school in the city, Edmonton Public Schools is expanding its Arabic-speaking support staff.

The board recently hired an additional ESL consultant and two Arabic-speaking intercultural consultants. "This week a school is receiving a number of Syrian

students, so they're going there to help them with the registration process," said Marlene Hanson, supervisor of diversity education at Edmonton Public Schools.

"This situation has heightened our work and emphasizes the need for English as a Second Language support," she said.

The EPSB is also deepening its pool of Arabic-speaking supply staff in anticipation of increased demand from schools.

The school board's HR department recently posted an ad on

Facebook for educational assistants and administrative assistants who are fluent in Arabic.

"We have an increased need, because the Arabic-speaking population in the city is growing enormously," said Bonnie Zack, director of human resources consulting at Edmonton Public Schools.

Currently, 90 students from Syrian families are enrolled to attend Edmonton Public Schools, and that number is expected to continue to increase.

Zack said she expects that more hires will be needed to support the influx of Syrian newcomers, but at this stage schools are still assessing students' learning abilities and requirements.

"The needs will evolve as we become more familiar with newcomers to our jurisdiction. We will have to have some translators working with families, or we may need to have individuals who can complete academic and reading assessments, for example," Zack said.



PM Justin Trudeau has pledged to pump an additional \$60 billion over 10 years into infrastructure projects. THE CANADIAN PRESS

Trudeau to visit Alberta

ECONOMY

Oil industry will be seeking signs of support from the PM

Prime Minister Justin Trudeau travels Wednesday to Alberta, where the battered oil sector will be looking for strong signals that Ottawa is serious about helping them deliver their controversial commodity to tidewater.

The president of the Canadian Association of Oilwell Drilling Contractors says the industry isn't looking for a handout — just federal support on the contentious issue of building pipelines.

Mark Scholz warns if the industry can't get its product to market, then Alberta businesses are going to fail.

Trudeau's visit to Alberta comes as low commodity prices decimate business and government revenues in the resource-dependent province, forcing companies to lay off workers.

Federal Finance Minister Bill Morneau declined today to answer several questions about whether Ottawa would provide targeted assistance for Alberta.

Morneau says the federal government's upcoming budget will include spending plans to invest in Canada's entire economy — which he argues will also help struggling provinces like Alberta.

Alberta is expected to make a claim for up to \$250 million in federal cash under the fiscal stabilization program, a plan designed to help provinces struck by big year-to-year declines in revenues.

Morneau says other hard-hit regions like Saskatchewan and Newfoundland and Labrador could also apply for money under the program, though he's unsure whether they would qualify.

Ottawa is looking at potential solutions for Alberta, including speeding up already-promised infrastructure spending and adjusting the typical, per-capita infrastructure funding disbursement formula to reflect economic need. THE CANADIAN PRESS

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pected to grow slowly — 1.2 per cent in 2015 and 1.0 per cent in 2016. Alberta, on the other hand, is expected to contract 2.8 per cent in 2015 and shrink again by 2.5 per cent in 2016. Meanwhile, the unemployment rate for the country is projected to hit 7.3 per cent in 2016. Alberta's jobless rate is expected to climb in 2016 to 7.6 per cent.

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ALBERTA NDP GOVERNMENT

Meet your new cabinet ministers

Premier Rachel Notley rolled out some new additions to her team Tuesday. Here's a little bit about each of them. THE CANADIAN PRESS



Stephanie McLean
Calgary Varsity
Minister of Service
Alberta, status of women

McLean is a partner at the law firm of Gosselin-Tardif McLean LLP. She holds a bachelor of arts in philosophy from Concordia University College and has received her juris doctorate from the University of Calgary.

PHOTOS: THE CANADIAN PRESS



Christina Gray
Edmonton Mill Woods
Minister of labour,
responsible for
democratic renewal

Gray, 37, worked with an Edmonton software development firm prior to politics. She's a former chairwoman of the Edmonton Transit System Advisory Board and a former volunteer distress line operator. She holds a bachelor of arts degree in psychology and a diploma in software development.



Ricardo Miranda
Calgary Cross
Minister of culture and
tourism

Born in Nicaragua, Miranda is one of three openly gay members elected to the legislature in May. He worked with the Canadian Union of Public Employees before politics and spent 15 years as a flight attendant. He holds a bachelor of arts degree from the University of Calgary.



Marlin Schmidt
Edmonton Gold Bar
Minister of advanced
education

Schmidt, 37, worked for Alberta Environment as a soil and groundwater contamination specialist prior to politics. He holds a master of science degree in applied environmental geosciences from Eberhard Karls Universität Tübingen in Germany and a bachelor of science from Queen's University.



Brandy Payne
Calgary Acadia
Associate minister
of health

Payne owned her own yoga business prior to politics. She holds a journalism degree from Carleton University and Mount Royal College and took project management courses at Mount Royal College.



Richard Feehan
Edmonton Rutherford
Minister of indigenous
relations

Feehan, 55, was a social worker, former program director with the Edmonton Social Planning Council and vice-president of Edmonton's Catholic Social Services. He has a bachelor of arts degree from the U of A, a bachelor of social work from the U of C and a masters of social work from Wilfrid Laurier University in Waterloo, Ont.

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Midwifery clinics could close doors

HEALTH SERVICES

**Official says
no funding
boost expected
despite demand**



Jeremy Simes
For Metro | Calgary

Some Alberta midwifery clinics could close later this year if Alberta Health Services funding for the service doesn't meet the growing demand.

Alberta Health Services and the Alberta Association of Midwives (AAM) have been meeting to negotiate a new deal that details how many families midwives will be able to help for the 2016-

17 fiscal year.

After their meeting in January, AAM president Nicole Matheson said midwives likely won't see a boost in funds to serve more families.

Though the issue is "premature," she said she's aware some clinics — especially in rural Alberta — might close due to funding issues.

"I think we're going to do our best and AHS is going to do its best to work with allocation to keep clinics that are serving rural Alberta from going."

Michelle Maisonville, president of the MaternityCare Consumers of Alberta Network, said it's unacceptable that clinics may close if funds aren't allocated appropriately.

"Rural communities — especially — have a difficult time

attracting health-care providers for expecting families," she said. "We have a shortage of general practitioners and we have a shortage of obstetricians.... Consumers need midwifery care."

AHS said it respects the confidentiality of the contract agreement process, adding negotiations will occur at the bargaining table. The AAM's current agreement, which expires in March, was meant for 2,775 families to be cared for by midwives.

The organization will meet with AHS this week on its 2016-17 funding agreement.

In January, AHS interim president and CEO Dr. Verna Yiu said the authority is looking to make cuts to all of its departments to curb the growth of health-care spending. AHS will table its budget later this month.

IN BRIEF

More smokers suffering burns while on oxygen

Health officials say a growing number of people, mainly seniors, are suffering serious burns from smoking while on oxygen therapy for

lung problems.

Dr. Edward Tredget, a burn treatment expert at the University of Alberta hospital, says the injuries include blistered skin and burns to the face, airways,

hands and body.

In some cases, people die from their burns or are so injured they require skin-graft surgery and long stays in hospital.

THE CANADIAN PRESS

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FILM INDUSTRY

Council mulls home for commissioner

Edmonton will have a renewed film commission, but what it looks like and who will run it is still up for debate.

The Edmonton Economic Development Corporation (EEDC) housed the city's film commissioner until last year when they decided to take a different approach and did not appoint a new commissioner.

A film commissioner typically acts as a champion for the industry and helps with

location scouts and attracting production to the city.

For a new commissioner, city administration suggested housing the commission with the Arts Council, but some member of the film industry who spoke to council Tuesday worried it would lose focus there.

Christopher White, an independent producer, said he prefers having the commission housed with EEDC.

"It's sort of a buffer between

what industry wants and economic development," he said. "We don't let developers run the planning commission."

Jesse Lipscombe, partner with Mosaic Entertainment, encouraged the city to move quickly. "Filming in our city is becoming more and more difficult, almost impossible," he said. He said the city has a unique film scene and one that can grow if it focuses on what makes the city great.

"We don't need to be like Calgary. We just need to be a better Edmonton," he said.

Council declined administration's suggestion to place the film commissioner with the Arts Council and has instead asked for ideas about what an entirely independent organization could look like.

Mayor Don Iveson asked the community for patience while they tried to get the issue right.

RYAN TUMILTY/METRO EDMONTON



The Mezzo is a proposed tower just off of Whyte Avenue.
COURTESY WEST OAK DEVELOPMENTS

Whyte Ave. set to grow

DEVELOPMENT

Some worry large buildings would drive out business



Ryan Tumilty
Metro | Edmonton

Historic Whyte Avenue will be on the grow in the years ahead, but just how high its buildings will stretch is to be the subject of debate this year.

Council got an update Tuesday on work the city is doing to change development rules in Old Strathcona, just as two developers are looking at building mid-rise towers in the area.

West Oak Developments is planning a 16-storey tower on the northwest corner of 81 Avenue and 105 Street, which would have a podium meant

to reflect the area's heritage. Another tower with a similar design is proposed for 81 Avenue and 106 Street and from WAM Developments.

Karen Tabor with the Old Strathcona Foundation said the group understands the area

is going to grow, but wants to protect what makes Whyte Avenue special.

"There is much broader range of values including culture and lifestyle," she said. "We hope council will consider what will best serve the community."

Tabor told councillors the group can accept some height increases in the area, but worries large buildings would have high rents that would drive out independent business.

Mathew McLash, with West Oak Developments, said the status quo is easy in Old Strathcona, but that doesn't make it right for the long term.

"Four-storey stick buildings is something we could do tomorrow, but it's not the quality this neighbourhood deserves," he said.

McLash said 85 per cent of the housing in the area is more than 30 years old and the development rules will need to change to attract more investment.

Coun. Mike Nickel said with the interest in the area he wants to see administration move quickly to come up with new rules.

"I think on this piece of territory we have to step it up," he said. "I don't want this taking two years."

“There is much broader range of values including culture and lifestyle.... We hope council will consider what will best serve the community.”

Karen Tabor

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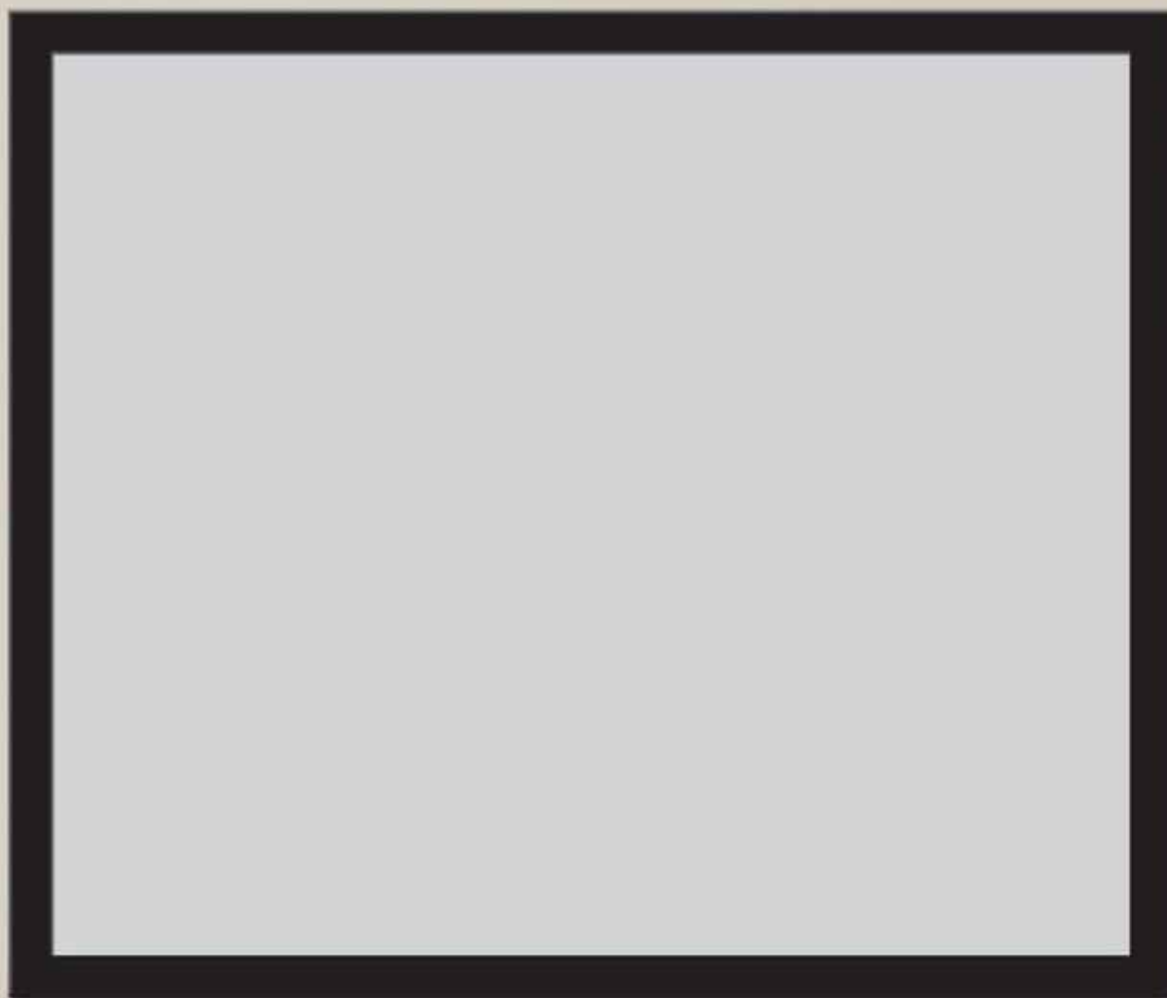
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Eating disorders not so simple



Zachary Bell has stopped eating when attempts are made to expand his diet. iStock

AWARENESS

ARFID, for instance, is more than just picky eating



Alex Boyd
Metro | Edmonton

Zachary Bell hasn't eaten any dairy, fruit or vegetables since he was about 10 months old.

Instead, the 12-year-old lives on a diet of mostly beige-coloured carbohydrates — cinnamon buns, toast with peanut butter, Cheerios and the occasional chicken nugget, but only from McDonald's.

Zachary is not just a picky eater.

The Grade 7 student was recently diagnosed with a condition called avoidant/restrictive food intake disorder, or ARFID.

It's a diagnosis that's new even to doctors and was added only in 2013 to the DSM-V, considered the definitive list of mental disorders.

It often starts when its suffer-

ers are children and they don't outgrow it, according to experts.

"It feels really bad," Zachary said. "I wanna have a bite but I just can't. I just feel like my body's taking charge."

Kathy, Zachary's mother, said it took years for doctors to realize her oldest son wasn't just finicky. Doctors told her "not to be a short-order cook," to make him eat or to take away his privileges if he didn't.

Nothing worked, she said.

"They said he's not going to starve himself," Kathy said. "Well, he did. Once he didn't eat for two days. You could hear his stomach growling."

"We just traumatized him more than anything. It didn't solve anything."

From the beginning, Zachary approached food differently than her other two children, Kathy said. His struggles started with any chunky food he was fed as a baby and got worse as they tried to introduce new food.

Finally, years of "crying and fussing" at meal times led to a diagnosis, and now Kathy said they've taken the pressure off and let Zachary decide what he wants to eat — in addition to a

daily supplement drink.

This week, the Eating Disorder Support Network of Alberta is hoping to bust some of the common stereotypes around eating disorders — that they affect only young women, for example, or are about looking good or losing weight.

"It's like comparing being a little bit sad to being depressed," said the support network's executive director, Sue Huff. "Eating disorders are very complex psychological illnesses that have very serious consequences."

+ SUPPORT

The Eating Disorder Support Network of Alberta estimates that around 300,000 Albertans are directly affected by eating disorders. The network recognizes anorexia, bulimia, binge eating disorder, ARFID and two very rare conditions — pica and rumination disorder. It also recognizes some other unspecified disorders.

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Blogger Stephen Robinson trains for the zombie apocalypse as part of his mission to learn new skills. SUPPLIED

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Q & A

Survive zombie apocalypse in the city with blogger's help



Sanam Islam
Metro | Edmonton

If the zombie apocalypse happened tomorrow, would you be prepared?

Stephen Robinson, a 22-year-old University of Alberta student who's a self-declared "zombie apocalypse nerd," decided he wouldn't take a chance. So, for the last month, Stephen has been learning skills that would help him survive and writing about them for his blog, 52 Skillz.

Why did you decide to do this?

These are skills I wanted to learn, but if I learned them I would look like a psycho. But in the context of a zombie apocalypse, it would be okay.

What's the most exciting skill you learned as part of this project?

The most exciting was black-

smithing — it was really cool. Being able to take a piece of metal, heat it up, whack a hammer and create an axe from that is awesome.

What are the three most important zombie apocalypse survival skills?

I would say out of the skills I learned the most essential one was building a zombie survival kit, finding the right people to survive with, and how to swing a sword. If these zombies are slower, you don't want to shoot them because it's a waste of ammo.

What's in a zombie survival kit?

Within the kit, you'd have a weapon — a rifle and a sword are ideal — and survival gear like a fire starter, a tent and a hatchet. You'd also want a face mask to avoid getting infected through zombie blood spatter.

If the zombie apocalypse hit Edmonton, where would you go?

I'd say just leave Edmonton. Any sort of city or densely populated area is really bad. I set up a bug-out location with my family — we would go out to an acreage or farm.

HEALTH

Walk-in clinics now stock anti-fentanyl kits

More than two dozen walk-in clinics across Alberta can now prescribe and supply a drug that temporarily reverses the effects of a fentanyl overdose.

Naloxone kits buy a user time to seek potentially lifesaving medical treatment.

Alberta Health Services says it is distributing 4,000 take-home kits to 29 clinics and eight harm reduction sites in response to a rapid rise in fentanyl-related deaths.

There were 272 overdose deaths involving fentanyl in Alberta last year — up from 120 in 2014.

Fentanyl, an opioid 50 to 100 times more potent than heroin or morphine, is a pre-

scribed painkiller that is often added to illegal drugs.

The naloxone kits contain two vials of naloxone, syringes, alcohol swabs, latex gloves, a breathing mask and instructions.



We are continually looking at ways to reduce the devastating impact this lethal drug is having in our province. Health Minister Sarah Hoffman

"We are continually looking at ways to reduce the devastating impact this lethal drug is having in our province. Improving access to these naloxone kits is one element in our government's overall strategy in working with our partners to address the harmful impact of fentanyl," Health Minister Sarah Hoffman said in a release Tuesday.

THE CANADIAN PRESS

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IN BRIEF

Employer given sentence after workplace accident

A Calgary employer has been sentenced by the Crown to community service following an accident at a work site that resulted in a worker being paralyzed.

A corporate representative of Needoba Construction Ltd. will serve 200 hours of

community service at Hearts and Hammers, a non-profit, and the company will pay a \$10,000 fine.

The sentencing is connected to a 2012 workplace accident where a worker at a construction site fell more than six metres and was paralyzed from the chest down. METRO

*The 4% cash back offer (the "offer") is available to all cardholders who apply and are approved for CIBC Dividend® Visa Infinite® Card and CIBC Dividend Platinum® Visa® Card between January 18 and March 31, 2016, and applies to all purchases posted to your account for the first six months, beginning from your account open date and ending 180 days after your account open date, or \$5000 in total purchases (equal to \$200 cash back), whichever comes first. Cash back is earned on purchases less returns and credits. Non-purchase transactions, like interest, fees and balance transfers, do not earn cash back. Credit card account must be open and in good standing at the time the cash back is awarded. This offer may be withdrawn or changed without prior notice at any time. CIBC may, in its sole discretion, disqualify, limit or revoke this offer if you are believed to be abusing or manipulating it, or engaging in any suspicious or fraudulent activity. Further conditions apply. Visit cibc.com/windfall for more details. *This offer applies to the following eligible cards: CIBC Dividend® Visa Infinite® Card and CIBC Dividend Platinum® Visa® Card. If you apply and are approved for a new eligible card between January 18 and March 31, 2016, CIBC will rebate the annual fee for you (the primary cardholder) and up to three authorized users added at the time of the application. This offer applies for only the first year. This offer does not apply to transfers from another credit card account. This offer may be withdrawn or changed without prior notice at any time. CIBC may, in its sole discretion, disqualify, limit or revoke this offer if you are believed to be abusing or manipulating it, or engaging in any suspicious or fraudulent activity. Further conditions apply. Visit cibc.com/windfall for more details. *Trademark of Visa Int., used under license. The Contactless Indicator is a trademark of EMV Co. LLC. CIBC Cube Design and "Banking that fits your life." are trademarks of CIBC. All other trademarks are owned by CIBC.

Flirtatious emails were 'bait': Witness

GHOMESHI TRIAL

Letters sent after alleged attack emerge, stir courtroom

A woman who testified that she went to great lengths to avoid any contact with Jian Ghomeshi after he allegedly attacked her acknowledged during intense cross-examination on Tuesday that she sent him flirtatious emails long after their encounters.

In a dramatic development that set the courtroom on edge, Ghomeshi's lawyer produced two emails that appeared to contradict the woman's statements that she had been so traumatized by what happened, she'd even turn off the TV or radio when he came on.

The first email was written in January 2004, about a year after

she said he had yanked her to the floor by the hair during a "sensual" kiss in his living room and then punched her in the head. "Good to see you again! Your show is still great," it says.

She goes on to provide a website address for him to watch a video of her "when you take a break from plowing snow naked," gives her email address and phone number and asks him to get in touch.

Defence lawyer Marie Henein, known for her no-holds-barred cross-examinations, pounced.

"You're now inviting the man who traumatized you to get in touch with you?" she asked incredulously.

"The email was bait," the witness responded. "It was bait to call me so I could get an explanation as to why he would violently punch me in the head. I had no interest in him."

Six months later, she sent a second email, also shown to the court. She writes she had been watching a show of his. Attached



Jian Ghomeshi leaves a Toronto courthouse after the second day of his sexual-assault trial on Tuesday.

FRANK GUNN/THE CANADIAN PRESS

was a revealing bikini photo of her on the beach.

"I wanted him to call me," she explained. "I sent a photograph, again, as bait."

The emails were the climax of a relentless cross-examination that Henein began Monday as the lawyer poked holes in the woman's testimony and exposed inconsistencies in her various

statements to police, the media and court.

In a statement released after her testimony, the woman said going to court and facing Ghomeshi had been "extraordinarily difficult" but worth it.

The trial continues Thursday after the Crown said there had been witness scheduling issues.

THE CANADIAN PRESS

REPORT

Military ill-prepared for peacekeeping bid

The Trudeau government has promised to get Canada back into the peacekeeping business, but a new report from two independent think-tanks says the military is ill-prepared for the task.

The study by the Rideau Institute and the Canadian Centre for Policy Alternatives was penned by Walter Dorn, a professor at the Canadian Forces Staff College and one of Canada's leading experts in peacekeeping.

For the last decade, he says, the army has specialized in counter-insurgency warfare

because of the combat mission in Kandahar, and other skill sets — once second-nature to Canadian training — were relegated to the back burner.

Dorn says the complexities of modern peace operations require in-depth training and education, on subjects including the procedures, capabilities and limitations of the United Nations.

He says Canada is currently far behind other nations in its readiness to support the United Nations and train for modern peacekeeping.

THE CANADIAN PRESS



PRIVACY BREACH

Tax agency doesn't know what information leaked

The federal revenue agency says it doesn't know what sort of taxpayer information a rogue employee improperly shared with the Canadian Security Intelligence Service (CSIS) because CSIS has wiped the files from its database.

The Canada Revenue

Agency said the employee who handed over the sensitive data — doing so even though CSIS lacked a judicial warrant — is no longer with the department.

The agency refused to disclose whether the person was fired or left voluntarily, citing privacy reasons.

THE CANADIAN PRESS



OLD FOES

Cruz's debate style 'hasn't changed very much': PM

Here's a lesser-known connection between the winner of this year's first U.S. presidential contest and the home and native land of his birth: Canada's prime minister recalls debating Ted Cruz.

The Calgary-born, Texas-bred senator who stormed out of the gate Monday with a win in Iowa's Republican caucuses was once a stellar university debater, ranked No. 1 in the U.S.

Cruz's opponents included a contemporary from Montreal — a prime minister's son and prime-minister-to-be who decided to get involved with the debate club at the urging of friends at McGill University.

Justin Trudeau first publicly referred to that old encounter during a speech early last year when he was still leader of Canada's third party, and the senator had yet to announce his presidential bid.

Trudeau told a group of fellow McGill alumni that he'd dabbled in debating and had once gone up against Cruz in a tournament at Yale, adding dryly: "He hasn't changed very much." THE CANADIAN PRESS

DONORS CONFERENCE

EU seeks more funds to ease Syrian crisis

Canada is being asked to double its financial assistance to help ease the humanitarian crisis brought on by the nearly five-year-old Syrian civil war.

The request from the British, German and Norwegian governments comes ahead of a major donors conference the three are hosting in London on Thursday. It is on the table as the Liberal government considers what role Canada

will play in the fight against the Islamic State of Iraq and the Levant, now part of the Syrian war as well.

Humanitarian and development support will be key to this plan and International Development Minister Marie-Claude Bibeau will be on hand in London to stress that point, following visits to Lebanon and Jordan this week to assess existing efforts.

THE CANADIAN PRESS



RACCOON ON BOARD TORONTO SUBWAY RIDERS PESTERED DURING MORNING COMMUTE Riders look at a raccoon on a subway car in Toronto on Tuesday. The raccoon was first spotted at around 8 a.m. on a southbound train heading toward the city's Spadina Station. THE CANADIAN PRESS/TWITTER (@TMARAYEVA)

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GROUNDHOG DAY NO EARLY SPRING Mayor Janice Jackson interacts with Wiarton Willie on Tuesday in Wiarton, Ont. Alas, the rodent saw his shadow and, as legend has it, expects six more weeks of winter. HANNAH YOON/THE CANADIAN PRESS

Lobbyists get direction

ACCOUNTABILITY

Federal government navigates past old standards

A change in government brings with it a wave of invitations — companies, associations and not-for-profits all want to get to know the new guard and figure out where they stand on key issues.

But how they meet the players in 2016 is still being shaped by the zeitgeist of 2006.

A shift in attitude toward lobbying that the Conservatives introduced under the Federal Accountability Act continues to tighten the parameters around those interactions.

Lobbying commissioner Karen Shepherd last month startled the government relations world — and organizers of some charitable events — when she posted new guidance

on the section of the lobbyists' code of conduct that deals with gifts.

The main message was to go Dutch, whether it's attending a fundraising gala or having lunch.

"If a lobbyist is actively lobbying or will lobby a public office holder, gifts, including meals and tickets to events ... are most likely unacceptable," Shepherd wrote in the guidance.

"Lobbyists are cautioned against providing public office holders whom they are lobbying or will lobby with tickets to charitable or other events, when these tickets are at a reduced cost or no cost."

Shepherd went on to say that if an organization wants to host a reception for parliamentarians, all of them have to be invited, the cost of the food and drink has to be "reasonable" and there can't be any whiff of lobbying at the event — down to written materials.

THE CANADIAN PRESS

NATIONAL DEFENCE

1,500 military housing units sit vacant

The management of military housing at the Department of National Defence is in disarray, with as many as 1,500 units sitting vacant and not enough consideration given to allowing soldiers to rent in the local market away from their bases, Canada's auditor general says.

Michael Ferguson's latest report, tabled Tuesday in Parliament, found the department has no idea how many private military quarters it needs, and

in some instances is charging below-market rents for its 11,858 apartments, duplexes or row houses.

With over 10 per cent of its inventory sitting empty, Ferguson said National Defence needs to give thorough consideration to whether it needs that many units, but a lot more homework is needed before it gets to that stage.

"The question of whether they should divest or not has to really start with: 'How many do

you need? Where do you need it?'" the auditor said Tuesday. "Do they need (almost) 12,000? Or do they need a different number?"

The department would have to defend why it keeps so many units vacant, but in Ferguson's opinion, "it seems to be high."

Roughly 15 per cent of full-time military members live on military bases in housing managed by the Canadian Forces Housing Agency.

Ferguson said government

policy requires that Crown-owned housing be provided only when there's a direct operational requirement, or when suitable housing is not available in the private housing market.

But the auditor says National Defence does not routinely look at what is available outside its walls, and the private market could in some cases meet the needs of members, notably in Halifax and Valcartier, Que. THE CANADIAN PRESS

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Thursday, February 11, 2pm - 4pm
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Friday, February 12, 4pm - 6pm
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IN BRIEF

Celebrities bring attention to Newfoundland

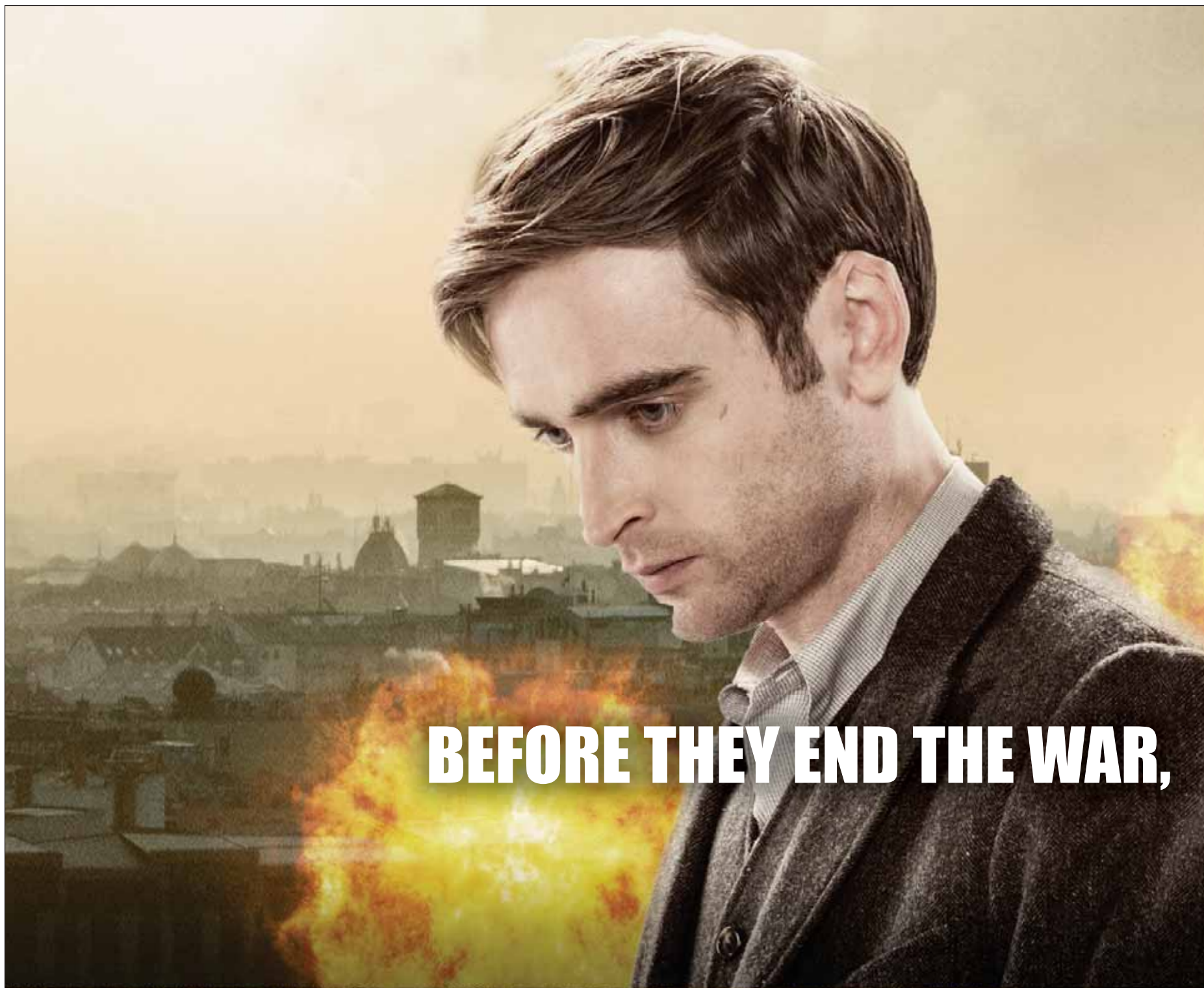
For the second time in a week, an American celebrity has offered welcome insights into Newfoundland from afar.

Actor Mindy Kaling told her 6.2 million Twitter followers on Jan. 26, "You pronounce Newfoundland like 'understand,' according to my friend who just shot a movie there," delighting residents long frustrated at outsiders who get it wrong.

Now it's Robert Redford's turn. In the Sundance Catalog, he writes:

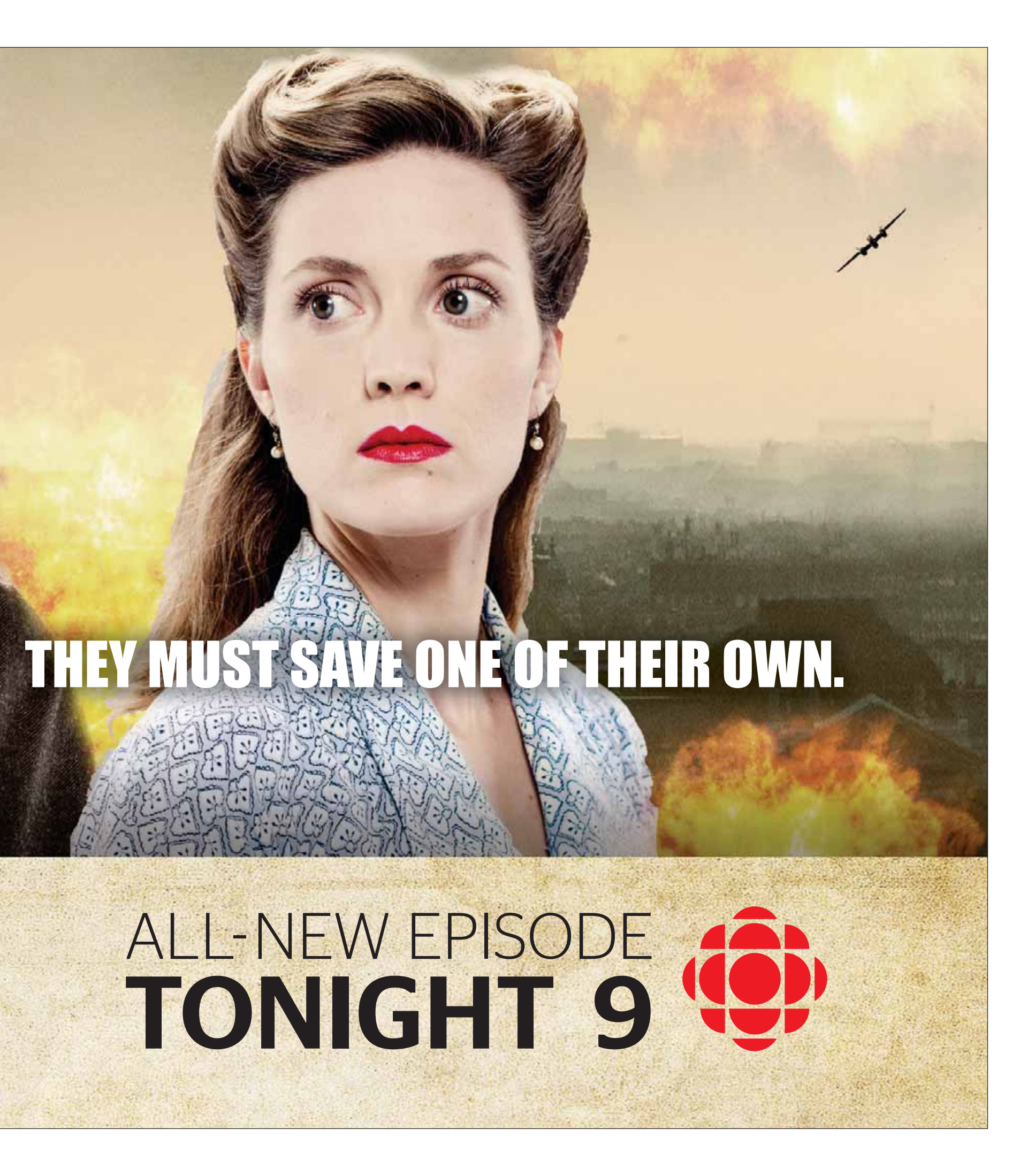
"Newfoundland: a landscape not commonly found, where green roofs are abundant and roads less travelled. A special place, with a feeling of new discovery. I've often heard it said by some that the meaningful connection to a sense of place is lost, so I'm heading for Newfoundland."

THE CANADIAN PRESS



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TONIGHT 9



Clinton wins close caucus vote in Iowa

U.S. PRESIDENTIAL RACE

Sanders won't seek recount despite record narrow defeat

Hillary Clinton barely won the Democratic caucuses in Iowa, outpacing a surprisingly strong challenge from Bernie Sanders to claim the first victory in the 2016 race for president.

The former secretary of state, senator from New York and first lady edged past the Vermont senator in a race the Iowa Democratic Party called the closest in its caucus history.

The Iowa Democratic Party said Tuesday that it would not do any recount of the close results. Sanders spokesman Ted Devine said his campaign does not have "any plan or intention" to challenge the results, citing Sanders' comments from Monday that the race appears to have ended in "a virtual tie."

Even a narrow victory for Clinton over an avowed socialist could complicate her quest for the nomination. But Clinton has deep ties throughout the party's establishment and a strong following among a more diverse electorate that will play a larger role in primary contests beyond New Hampshire, where Sanders is favoured.

Clinton, who entered the race

2,382

In order to win the Democratic Party nomination for president, a candidate must collect 2,382 delegates.



Presidential hopefuls Bernie Sanders and Hillary Clinton went head-to-head Monday night in Iowa's caucus vote. Clinton only defeated Sanders by a thin margin, giving her momentum before the New Hampshire vote on Feb. 9. JOHN MINCHILLO/THE ASSOCIATED PRESS; ELISE AMENDOLA/THE ASSOCIATED PRESS

as the heavily favoured front-runner, was hoping to banish the possibility of dual losses in Iowa and in New Hampshire. Two straight defeats could set off alarms within the party and throw into question her ability to defeat a Republican.

Sanders, for his part, was hoping to replicate President Barack Obama's pathway to the presidency by using a victory in Iowa to catapult his passion and ideals of "democratic socialism" deep into the primaries. He raised \$20 million during January and hoped to turn an Iowa win into a fundraising bonanza.

Clinton, in New Hampshire Tuesday campaigning ahead of the state's Feb. 9 primary, said

she was "so proud I am coming to New Hampshire after winning Iowa," adding, "I've won and I've lost there and it's a lot better to win."

Clinton's victory in Iowa means she will collect 23 delegates and Sen. Bernie Sanders will win 21. With her advantage in super-delegates — the party officials who can support the candidate of their choice — Clinton now has a total of 385 delegates. Sanders has 29.

It takes 2,382 delegates to win the Democratic nomination for president.

Caucus-goers were choosing between Clinton's pledge to use her wealth of experience in government to bring about

steady progress on democratic ideals and Sanders' call for radical change in a system rigged against ordinary Americans.

"Hillary goes out and works with what we have to work with. She works across the aisle and gets things accomplished," said 54-year-old John Grause, a precinct captain for Clinton in Nevada, Iowa.

"It's going to be Bernie. Hillary is history. He hasn't been bought," countered 55-year-old Su Podraza-Nagle, who was caucusing for Sanders in the same town.

Former Maryland Gov. Martin O'Malley formally ended his quest for the Democratic Party's nomination. THE ASSOCIATED PRESS

HEALTH

Zika virus sexually transmitted in Texas

A person in Texas has been infected with the Zika virus after having sex with an ill person who had returned from a country where the disease was present, Dallas County health officials said Tuesday.

It's the first case of the virus being transmitted in the U.S. during the current outbreak of Zika, which has been linked to birth defects in the Americas. Dallas County Health and Human Services said it received confirmation of the case from the U.S. Centers for Disease Control and Prevention.

Health officials did not release any details about the Texas patient, citing privacy issues. In a tweet, Dallas health officials said the first person infected had been to Venezuela, but did not detail when that person or the second person was diagnosed.

The Zika virus is usually spread through mosquito bites,

+ VACCINE

Drugmaker Sanofi Pasteur said Tuesday it is launching an effort to research and develop a vaccine to prevent the Zika virus, after the World Health Organization declared a global emergency over its explosive spread across the Americas.

but investigators have been exploring the possibility the virus also can be spread through sex.

"That gives you the plausibility of spread, but the science is clear to date that Zika virus is primarily transmitted to people through the bite of an infected mosquito," Dr. Anne Schuchat of the CDC said during a recent news conference about Zika.

THE ASSOCIATED PRESS

COURTS

Ex-district attorney testifies in Cosby sex-crime trial

The former district attorney who declined a decade ago to bring sex-crime charges against Bill Cosby testified Tuesday that his decision binds his successors and forever closes the door on prosecuting the comedian.

Former Montgomery County district attorney Bruce Castor took the stand as part of a bid by Cosby's lawyers to get the case against the TV star thrown out because of what they say is a non-prosecution agreement from Castor.

The current district attorney has said there is no record of any such agreement.

Cosby, 78, was arrested and charged in December



Bill Cosby

MEL EVANS/THE ASSOCIATED PRESS

with drugging and violating former Temple University athletic department employee Andrea Constand at his Philadelphia mansion in 2004. He could get up to 10 years in prison if convicted. THE ASSOCIATED PRESS

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North Korea to launch observation satellite

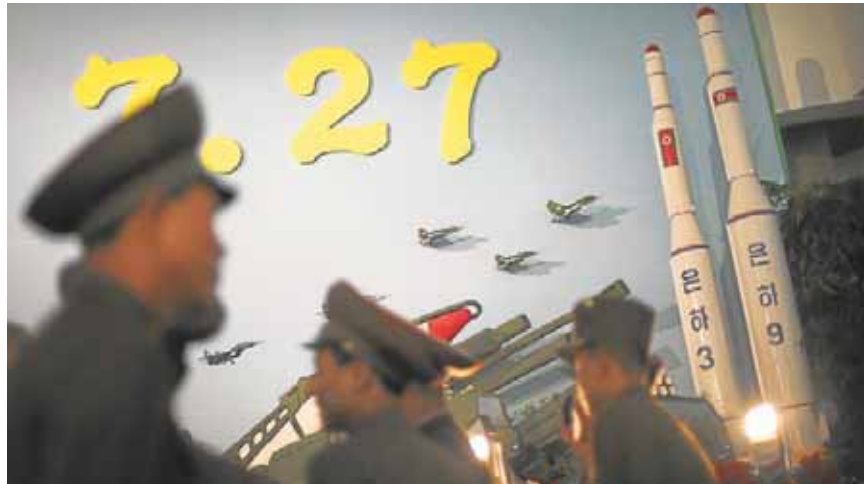
UNITED NATIONS

Critics fear banned technology used for rocket

Weeks after its fourth nuclear test, North Korea announced plans Tuesday to launch an Earth observation satellite on a rocket later this month, in what critics see as a covert test of banned technology for a ballistic missile that could strike the U.S. mainland.

An official at the London-based International Maritime Organization said North Korea declared that the launch would be conducted between Feb. 8 and 25, between 7 a.m. and noon Pyongyang time. The official spoke on condition of anonymity because she hadn't been authorized to speak publicly yet.

UN deputy spokesman Farhan Haq said North Korea also



North Korean soldiers are silhouetted against model versions of the Unha 3 space launch vehicle which successfully delivered North Korea's first satellite into orbit. WONG MAYE-E/THE ASSOCIATED PRESS

informed the International Civil Aviation Organization and the International Telecommunication Union of the planned satellite launch.

"Right now, we're carefully monitoring developments and are in close touch with the interested parties and the international organizations," Haq said

at UN headquarters in New York.

The declaration, which is meant to warn civilians, shipping and aircraft in the area about the rocket and falling debris, follows

North Korea's claim last month to have tested a hydrogen bomb, the country's fourth nuclear test.

The International Telecommunication Union said North Korea also informed its Geneva office of its intention to launch a Kwangmyongsong (Bright Star) -type Earth observation satellite with a four-year operational life. But the ITU's UN representative, Gary Fowle, said not enough technical information had been supplied to register it in its Master International Frequency Register.

In Washington, Daniel Russel, the top diplomat for East Asia, said the U.S. was closely tracking reports of the North's planned launch. He said a launch that uses ballistic missile technology would be another violation of a UN ban and strengthens the argument for the international community to impose "real consequences" on North Korea for destabilizing behaviour. He called for the imposition of additional sanctions. THE ASSOCIATED PRESS

SOMALIA

Plane lands with hole in its side

An explosion and fire blew a gaping hole in a commercial airliner forcing it to make an emergency landing at Mogadishu's international airport late Tuesday, officials and witnesses said.

Two people were slightly injured as 74 passengers and crew of the plane were evacuated after the plane made a safe landing, Somali aviation official Ali Mohamoud said.

The plane, operated by Daallo Airlines and headed to Djibouti in the Horn of Africa, was forced to land minutes after taking off from the Mogadishu airport, said Mohamoud. THE ASSOCIATED PRESS



A hole is seen in the side of the plane. @HARUNMARUF/TWITTER



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Cabbies target feds

SHARING ECONOMY

Protest against Uber comes as regulator OK's insurance



Haley Ritchie
Metro | Ottawa

Taxi drivers from Toronto and Ottawa gathered Tuesday on Parliament Hill to call on the federal government to shut down ride-sharing company Uber.

"Parliament Hill is a national stage, and Uber is a national issue," said Amrik Singh, president of the Ottawa chapter of Unifor, which represents taxi drivers in the city.

"The municipalities are struggling to control Uber. They just don't have the resources. That's why we want the federal government to get involved," said Singh.

Drivers who came from Toronto estimated their turnout to number around 400, but guards on Parliament Hill said the total crowd was likely around 350 to 400 people.

Drivers and their unions say



Cabbies protest against the ride-sharing service Uber during a rally Tuesday on Parliament Hill in Ottawa. THE CANADIAN PRESS

the ride-sharing company is eating into profits and not paying the same taxes and fees.

While many cities, including Ottawa, have committed to reviewing bylaws, drivers from both cities say not enough is being done.

"We believe the municipal level of government (and) the provincial level are not doing what they should be doing,"

said Karam Bunian, a taxi driver at Toronto's Pearson Airport who bused to Ottawa.

He said the Canada Revenue Agency should be investigating whether Uber drivers are paying proper HST. The crowd repeatedly called on the prime minister to intervene to protect "middle-class jobs."

Meanwhile, Ontario's insurance regulator has approved

coverage for drivers using ride-hailing services such as Uber, even as the province's legislature has yet to decide if such services are legal. The Financial Services Commission of Ontario gave Aviva Canada the green light to offer coverage for drivers carrying paying passengers in their own vehicles.

WITH FILES FROM THE CANADIAN PRESS

TRANS MOUNTAIN PIPELINE

Oil industry group blasts opponents

A vice-president at the Canadian Association of Petroleum Producers has lashed out at opponents of the Trans Mountain pipeline review process, calling much of the criticism "shameful" and "abusive."

Nick Schultz was first up Tuesday as a three-member panel weighing the multibillion-dollar project began hearing oral arguments from interveners in Calgary.

"In the course of this long process, you have been subjected to unfair criticism — systematic abuse, in fact — from some who simply want no oil pipeline ever anywhere," said

Schultz, vice-president and general counsel at CAPP.

"We should not shy away from calling this abusive behaviour what it is: it is shameful. No reasonable process — old or new — will satisfy people with that as their objective."

Two weeks of oral arguments from interveners in Burnaby, B.C. — the end point of the proposed

pipeline — wrapped up on Friday. Kinder Morgan is aiming to triple the amount of crude it currently ships from the Edmonton area to the Vancouver area, with the goal of shipping more oil to Asia.

THE CANADIAN PRESS

You have been subjected to unfair criticism.

Nick Schultz

market minute



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WESTJET

Low loonie reversing cross-border travel

WestJet Airlines says the low loonie is prompting a role reversal in cross-border travel with more Americans heading north to catch flights and fewer Canadian travellers heading south to U.S. airports.

Officials at Bellingham airport in Washington state say traffic from nearby Vancouver was down 14 per cent last year, while activity at Vancouver

International Airport grew five per cent.

And while the Calgary-based airline doesn't have national figures, it believes the number of Canadians boarding flights at airports in Plattsburgh and Buffalo, N.Y., along with Burlington, Vt., are also down.

"We're told that we have licence plates coming the other way now to fly out of Canadian

airports, which is quite ironic," said Bob Cummings, executive vice-president, marketing, sales and guest experience.

About 5.5 million Canadians have crossed the U.S. border annually in recent years until a 40 per cent drop in the Canadian dollar wiped out much of the financial advantage. "It's great to see Canadians flying from home and WestJet is benefiting

from that," CEO Gregg Saretsky said during a conference call about the fourth-quarter and 2015 results.

WestJet is also taking advantage of the low loonie to offer fares that are encouraging Americans to fly through Canada next summer when it introduces wide-body service to London's Gatwick airport.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I feel like a lot of transit riders don't know how to behave properly. Maybe you could provide a few reminders?

Dear Ellen,
I know you've written about transit etiquette before. But I feel a lot of riders still don't know how to behave properly. Maybe you could provide a few reminders?
Michael, Toronto

Dear Michael,
After a recent, bruising experience on Toronto's Spadina streetcar, I am more than happy to oblige.

It was during rush hour. The car was fully crowded, and I was stuck standing halfway down the aisle, on the circular, moving floor plate that allows extra-long streetcars to swivel around curves and corners.

Beside me was a young man wearing a gigantic pack, which he should have taken off and held in front of him, or set on the floor, as per proper transit etiquette. Instead, he kept the pack securely fastened to his back, and monopolized the only available pole while heedlessly battering everyone around him.

As his nearest target, my noggin was treated to a near-



concussive thump every time the streetcar jostled me within striking range. The impacts increased in both frequency and severity as the hinged car navigated around the roundabout at Spadina Crescent. As I repeatedly attempted a cartoonish scramble away from the vicious backpack, the moving floor plate simply flung me face-first into it over and over again. At a certain point, I was tempted to go with the flow and throw my whole weight into the backpack and attached owner. But I reminded myself that retaliating to rudeness with physical aggression would show a distinct lack of manners on my part.

So, with "remove your backpack" as rule No. 1, let's review some other points of transit etiquette:

Turn down your music: Even if by some bizarre chance we like the song you're playing, we don't want to listen to it bounced off your waxy ear canals via your leaky headphones.

Don't eat anything the rest of us can smell or hear: Discreetly nibbling raisins or a quiet muffin is one thing. Munching, slurping and crunching noisy snacks or squirty pungent sandwiches is strictly verboten.

Respect boundaries: Enjoy your seat if you have one. But please don't assume you're also entitled to spread your belongings or limbs across the seat beside you. Contrary to popular belief among some leg-spreaders, your knees are not allergic to each other. Seriously, knees can come well within 10 inches of each other without causing injury to any nearby organs.

Control your hoods: You may not realize it, but your big, fat parka hood takes up space. When you're sitting back-to-back with another rider, make sure your head gear isn't draped over the seat onto someone else's head.

That goes for big, fat hair-dos too: Few things are more disconcerting than feeling someone else's hair spongily

surround your own head or slip-slide down your back collar. I love to look at any kind of hairdo, but I don't want it touching me without prior consent.

Control your groceries: I know it might be fun to watch your bags of food repeatedly smack the head of someone sitting obliviously in a seat that, in the kind of just society where transit-etiquette refresher columns are unnecessary, would have been given up to you and your heavy burden of consumables. But it's still wrong.

Stand up to let people get out of the seat beside you: Don't just swing your legs a few inches to the side in a token effort to make room for a rider getting off before you. Leap to your feet and get out of the way!

There you have it: Not my first transit-rules review, nor, I fear, my last.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Witness 'satisfied' with her testimony. Perhaps Ghomeshi is, too.

Marie Henein, Jian Ghomeshi's lawyer, had paced the wood-paneled courtroom for an hour.

Tuesday, as the day before, she grilled the witness about the incongruous details in her claims that Ghomeshi twice sexually assaulted her in 2002 and 2003.

The witness, whose identity is covered by a publication ban, had told media and police that she had no contact with Ghomeshi after the last alleged assault. She said she didn't even listen to Q because it "re-traumatized" her.

But didn't she testify on Monday, Henein asked, to writing him an email?

"I said I have a recollection of drafting an email in anger," the witness said.

And that turned it. Henein then revealed the most damaging evidence of her withering cross-examination.

First, an email dated January 2004, a year after the last alleged assault, sent at 3 a.m.

"hello Play>Boy," it reads, a reference to the TV show Ghomeshi had hosted. "Good to see you again!" She offers her phone number.

Then another, sent six months later around 2 a.m., with a photo of the witness in a string bikini. In court, everything needs an explanation: Why did you say one thing to one person, and something else to another? Why did you send that email? Why

did you see that man again? The explanations need to make sense. They better be rational. The burden of proof is high.

"Are you now prepared to admit that you have lied under oath?" Henein asked. "No."

The witness explained the emails were a kind of bait: "I wanted Jian to call me, so that I could ask him why did he violently punch me in the head," adding: "I remember (now), reading this."

Memories change, the witness had said, "And as you sit with them you remember more of the peripheral parts ... I didn't sit and script a story."

If she had, it would surely have contained fewer holes.

Henein called the witness's testimony "implausible ... a bikini photo to the man who traumatized you?"

Lying was the theme of the cross-examination. That's not surprising in a sexual assault trial, but the emails and the sexy photo: Those were.

Ghomeshi never called, "Did he?" Henein asked.

"No," the witness said.

In a statement issued later, she said she remains "satisfied" that she came forward: "A weight has been lifted."

Inside the courtroom, one couldn't help but wonder if Ghomeshi, grim and expressionless, had a similar feeling: One down, two to go.

HAVE YOUR SAY: RACISM



GETTY IMAGES

Ellen's column last week — giving advice to Ivy, a self-described racist — touched a nerve. We got dozens of emails and tweets; some supportive, others highly critical. Do you have thoughts to add? Send your feedback to scene@metronews.ca.

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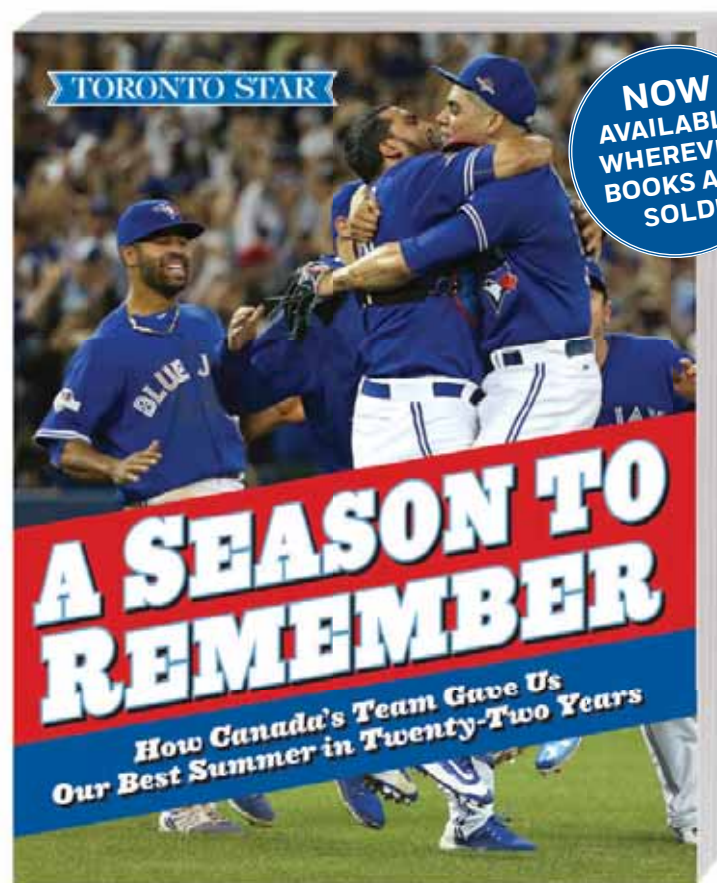
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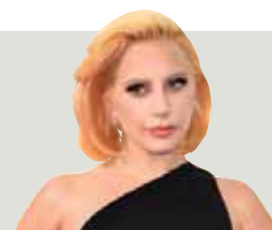
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A month-long food makeover

COOKBOOK

The Whole 30 diet program doesn't allow any slipups

Liz Brown
Metro | Canada

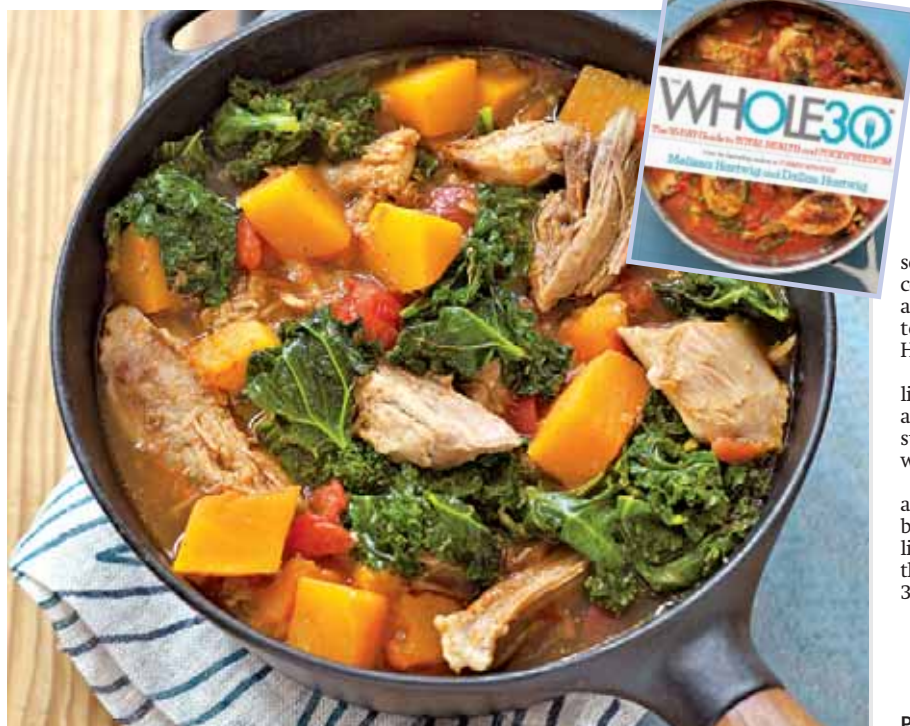


It's now February and reasonable to assume most of us have returned to wine, chocolate and cheese habits following a few weeks worth of New Year's resolutions.

But if you're willing to give your diet goals another go in 2016, you might consider the Whole 30 — a super-strict program that took social media by storm in 2015. Adherents to the eating plan used the #Whole30 hashtag over one million times last year to share recipes and moral support as they navigated a series of eating and behavioural changes outlined in the book.

It's a support network that's needed if you're to embark on the 30-day program, which allows for zero slipups and eliminates most of the consumables that bring us joy: grains, sugar, alcohol, dairy and legumes.

"According to habit research, social support and accountability are huge for people trying to make long-term changes," says Melissa Hartwig, explaining the vast online support system for The Whole 30 program, which includes forums and a blog at whole30.com. Hartwig is co-author of The Whole 30: The 30-Day



This roasted pork shoulder with butternut squash, kale and tomatoes, serves two (with leftovers). ALL PHOTOS: ALEXANDRA GRABLEWSKI

Guide to Total Health and Food Freedom and has no sympathy for people who say they couldn't possibly give up all of these foods for a month. "You really can't give up sugar for a month? Because if you can't, I suggest you take a look at your relationship with sugar. It's only 30 days, not the rest of your life," she says.

The idea behind the program is to eliminate foods that research

shows can be psychologically and physiologically problematic for many people — those foods that cause binging and sensitivities like bloating — and then reintroduce them slowly to see if any have adverse effects.

The idea is you'll also break bad eating habits — like reaching for that 2 o'clock cookie.

"The strictness isn't about a boot camp or a hazing," says

Hartwig. "It's more of a food experiment."

For Hartwig, it's about changing behaviours and paying attention to how different foods make you feel on both a physical and psychological level.

"If you come home from a hard day at work and immediately reach for a glass of wine, this will make you consider what else you can do to calm and self-



The strictness isn't about a boot camp or a hazing. It's more of a food experiment.

Whole 30 co-author Melissa Hartwig



soothe. You're developing new coping skills, which is huge for anything you want to be long-term and sustainable," says Hartwig.

The recipes in the book are delicious, easy and nutrient dense and don't include dairy, grains, sugar or legumes, for anyone with sensitivities to these foods.

I'm still wrapping my head around a month without wine, baguettes and cheese, but recipes like the one below (on p. 344 of the book) are making the Whole 30 program more appealing.

Roasted Pork Shoulder with Butternut Squash, Kale and Tomatoes

Prep time: 10 minutes

Cook time: 3 hours

Total time: 3 hours 10 minutes

Ingredients

- 2 tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 lime, juiced
- 1 1/2 pounds pork shoulder (boneless)
- 1 butternut squash, 1-inch diced

- 1 bunch kale, stems removed, leaves chopped
- 1 cup diced tomatoes

Directions

1. Preheat oven to 300 F. Mix the paprika, chili powder, garlic powder, onion powder, salt, and pepper in a small bowl. Add the lime juice and stir. Place the pork in a Dutch oven or deep roasting pan and coat all sides of the pork with the spice mixture. Add 1 cup of water and cover tightly with a lid or aluminum foil. Cook in the oven, turning the pork shoulder in the pan every 45 minutes.

2. After 2 hours and 15 minutes, add the butternut squash and 1/2 cup of water to the Dutch oven or pan. Cook for 30 more minutes, then add the kale and tomatoes. Place back in the oven for 15 minutes more.

3. Remove the pan from the oven and leave covered until you are ready to serve. With tongs or a slotted spoon, arrange the vegetables on plates, then break the pork apart into generous chunks and place over the vegetables. Spoon the braising liquid from the pan over the pork.

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Beyoncé's dress sparks online controversy

DEBATE

Coldplay video filmed in India shows singer in classic garb

Cultural appropriation or appreciation? That's the debate sparked by Coldplay's new music video, shot in Mumbai during the Hindu festival of Holi and featuring Beyoncé dressed in traditional clothes and jewellery, with henna on her hands.

Many accused the British band of using India as an "exotic playground" in the video for Hymn for the Weekend and reinforcing reductive stereotypes about the diverse country.

"If cultural appropriation means that a privileged group adopts the symbols and practices of a marginalized one for profit or social capital, then yes, Coldplay's video is committing cultural appropriation," Rashmee Kumar argued in The Guardian.

The depiction of Hindu practices and symbols in the video — from holy men levitating in robes to children covered in



Beyoncé dons traditional Indian clothes and jewellery in Coldplay's new music video. HANDOUT

bright powders break-dancing in a slum — is through a white, western lens, Kumar wrote.

And that can "wield real power to reinforce the racial and colonial logics that under-

gird the way we think about non-western people, places and cultures."

Not everyone was offended by the video, however. "Beyoncé showed India in many

ways and made it look beautiful and lovely. She portrayed India excellently. As an Indian, I loved it," one fan commented on Twitter.

"It's a song in the spectrum



This is Coldplay's own artistic interpretation. And do they make us look bad? No.

Kunal Anand defends the band in the India Times

of joy, celebration and almost drunken abandon, something that no other festival but Holi symbolises for the world's masses," Kunal Anand wrote in the India Times. "The song isn't a 'real India', 'We-are-a-superpower' advertisement — this is Coldplay's own artistic interpretation. And do they make us look bad? No. This is what Mumbai's slums look like, and yet no one is looking filthy, underfed or unwell."

Coldplay even tweeted that the song reached number one on the iTunes India chart. "Thank you to the people of India for making us feel so welcome," the band wrote. But Coldplay has been accused of reinforcing cultural stereotypes in the past: in the video for the band's song Princess of China, Rihanna dons a series of Japanese Geisha-like costumes on a set that looks distinctly Chinese. That prompted criticism that Coldplay is not only culturally insensitive, but ignorant, too. Critics also say

this isn't the first time India has been used as a stereotype-filled setting for Western artists. In her video for Bounce, Iggy Azalea — who is already strongly criticized for being a white woman from Australia who raps like she's black and from Atlanta — dances in a sari at a wedding in front of a backdrop of Indian women. Azalea also sports a gold head-dress as she gyrates atop an elephant in the clip.

Coldplay and Beyoncé are slated to perform alongside Bruno Mars at the Super Bowl halftime show on Sunday, prompting questions about whether they will sing the new track.

"Here's hoping that Coldplay has decided to give their song a different visual cue, rather than trying to make the Super Bowl into a religious festival and a Bollywood extravaganza at halftime," wrote University of Pennsylvania religious and Africana studies professor Anthea Butler.

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CONSUMER ADVICE

Try these tips for saving money on products

From face wash to hair care, the cost of beauty can get ugly for many Canadians, particularly women.

In 2014, Canada outpaced the U.S. in the growth rate of prestige beauty-product consumption, with Canadians spending \$1.4 billion, according to a study conducted by NDP Group, Inc., a U.S. consulting firm that services North American retailers.

The notion of falling into a beauty-spending trap has always been foreign to Karina Fuentes, who grew up in Mexico City creating home-made body lotions with her Grandma Lupita.

"We used whatever ingredients we could grow or buy at the grocery store, so the idea of spending lot of money on beauty essentials seemed silly," says Fuentes. "All of our homemade lotions for me were as effective as those I have store-bought."

On that premise, she and her husband, Scott Robinson, founded Your Feel Good Soap Company in May of 2011. This pseudo-DIY shop is filled with Fuentes' home-made recipes for soap, hair care and facial products, letting patrons customize the scent and essential oils in the products.

"Our goal is to make women and men realize with natural ingredients, beauty products can be multi-use and result in great savings," adds Robinson. "For example, a body cream can double as a facial moisturizer, or a shampoo can serve as a face wash and body wash."

Such product streamlining isn't a popular concept, because decades of cosmetic-counter conditioning have led women to believe they must "invest" in a beauty routine for it to be effective, says Dino Dilio a Toronto-based makeup artist who specializes in lessons that aim to simplify overcomplicated and expensive beauty regimes.

"You shouldn't need to put on 25 products before you are ready for work," says Dilio.

Before you break the bank on adding another regime or product to your daily routine, here's what the experts suggest:



Experts say women don't have to drop a fortune to get good beauty results. TORSTAR

How to get more bang for your beauty bucks

Simplify

"Simple is what everyone needs, especially on a daily basis," says Dilio. "Your morning process should consist of a face wash, moisturizer with SPF and finally some basic makeup, if you think you still need it."

Also save time and money by using your shampoo as a face and body wash, as long as the ingredients agree, adds retailer Karina Fuentes.

"All of these washes are created with very similar bases and you can really save your money by streamlining."

Do your research

"Many cosmetic counters are trained to sell more than help," says Dilio. "Really do your research before you commit to yet another serum or potion for what you're wanting to achieve." Websites like paulaschoice.com and ewg.

org allow you to search the ingredients in your products, as well as having trials on the effectiveness.

Try the DIY route

If you have dark hair or an easy-to-maintain hair colour, the box hair colour route may be a great option for touching up grey roots.

A salon can charge upwards of \$60 for a root touch-up; meanwhile at a health food store, an ammonia-free kit with all the tools can cost less than \$15. If you don't care about chemicals, most of the kits at Shoppers cost under \$10. Experiment between prestige and drug store brands.

Kamila Caban, author of VickyB.TV, a Mississauga-based beauty blog, constantly tests and compares low-end makeup brands to their high-end competitors to ensure she isn't overspending. Both she and Dilio recommend using L'Oreal mascara to "mass-tige" brands like Lancome or Tarte. Caban also finds Revlon's Photoready Air Brush Effect Foundation more effective than Makeup Forever's Ultra HD Foundation.

"It's important to always test these recommendations on yourself, since every person's skin responds differently," she says. TORSTAR NEWS SERVICE

+ DIY BEAUTY

BYO BB cream

The major shortfall of BB creams (the new blend of moisturizer and foundations) is that they are only offered in limited colours.

"The world is bigger than three or four skin shades," says makeup artist Dino Dilio.

To get the perfect shade of BB cream, do it yourself and simply mix equal parts of your favourite liquid foundation and SPF moisturizer together.

Raid your kitchen

Avocado oil and castor oil can all be combined for one effective hair treatment, adds beauty blogger Kamila Caban. "Simply mix equal parts and apply the treatment to your scalp, you'll find your hair has never felt better."



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Passat gets spruced up for 2016



REVIEW

Light steering, quick response make for a worthy ride

Jil McIntosh
For Metro Canada



If a vehicle isn't quite ready for a complete makeover, automakers will often give it a "refresh" to spruce it up. That's what Volkswagen has done with its midsize Passat sedan, which gets a styling update and some interior tweaks.

There are some trim level changes as well. The diesel engine isn't currently offered, with no word on when or if it will return.

Instead, my tester carries a 1.8-litre turbocharged four-cylinder engine, which comes in four trim levels starting at \$23,295. While you can get a manual transmission in the base trim, everything else uses a six-speed automatic. For those who want something more powerful, a 3.6-litre V6 comes exclusively in the new, top-line Execline trim for \$38,295.

Having driven both, I find the smaller engine will be more than enough for most

drivers. You get snappy acceleration and quiet cruising, although I did feel the transmission stutter a couple of times when slowing down.

The steering is light but the car responds quickly and accurately, with easy parking-lot manoeuvrability and a solid highway feel.

The new front and rear styling is more angular. It updates nicely while maintaining an overall design that some say is too understated, but which I think is timeless: this car is going to look good 10 years from now. The interior upgrades are more subtle, with a new steering wheel and instrument cluster. The infotainment system is updated for 2016, and Volkswagen has finally added USB ports. My

only complaint is with the power mirror switch, which feels cheap and wobbly, and is awkward to use. Other controls are simple and easy, and everything is backlit at night, including the lock

and window switches.

As with most German cars, the seats are very firm, but don't let first impressions turn you off them. They're very supportive and stay very comfortable on longer drives. Rear-seat legroom is good, and the trunk is huge.

Overall, even if you can't get a diesel anymore, the Passat is worthy of consideration.

THE CHECKLIST | 2016 VOLKSWAGEN PASSAT

THE BASICS

Type. Four-door, five-passenger midsize sedan
Power. 1.8-litre turbo four-cylinder (170); 3.6-litre V6 (280)

Transmission. Six-speed manual or six-speed automatic

Price. \$23,295 (base), \$33,795 (as-tested), plus destination

COOL FEATURES

- Adaptive cruise control.
- Blind spot monitor with cross-traffic alert.
- Auto-dimming rearview mirror.
- Rain-sensing wipers
- Second-row USB port
- Rearview camera on all trim levels.
- Remote starter.



PASSAT PHOTOS: JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

POINTS

- The turbocharged engine takes 87-octane regular-grade gasoline and is rated at a combined city-highway 8.0 L/100 km.
- Smartphone integration with Android Auto, Apple CarPlay and MirrorLink on all trim levels.
- The new centre screen has a proximity sensor that brings up icons when your hand gets close to it, and a display with pinch and swipe ability.

MARKET POSITION

- VW stumbled when it cheapened some models to break into the lower-priced U.S. mass market segment. It's returning to improved interiors and more features to win back its core audience.

THE COMPETITION



Chevrolet Malibu
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BREMEN CLASSIC CAR SHOW

Alfa Romeo celebrates its avante-garde past

Alfa Romeo is set to headline this weekend's Bremen Classic Car show, when one of its most evocative and avant-garde concepts, the Caimano, takes center stage.

Although it was built on the Alfusud platform and used the same 68hp 1.2-liter boxer engine that powered the compact production hatchback, only someone with X-ray vision would have known that the Caimano and Alfusud were from the same company, yet alone the same planet, when the concept made its debut at

the 1971 Turin motor show.

Italdesign, who created the concept were given a very simple brief — to design something that stood absolutely no chance of becoming a production reality. The company, headed up by legendary designer Giorgetto Giugiaro, duly obliged, creating the "wedge on wheels" with its sci-fi glass dome roof that slid forward to let passengers in and out and an adjustable rear spoiler that was part of the roof.

The car was cutting-edge, in the almost literal sense and ushered in the age of the wedge

design approach that defined exotic Italian production cars including the Lamborghini Countach, Lancia Stratos and the Maserati Khamsin. But Alfa Romeo was first.

In recent times, Alfa has struggled to compete with growing competition and to rediscover that automotive recipe that had made it the sort of brand that people fall in love with. Nevertheless, the company has been going through a renaissance thanks to its wonderful 4C coupe and 4C spider ultra-light sportscars. It was

getting ready to launch an entire new range of cars and to return to the U.S. market as a luxury sportscar maker, starting this year with the Giulia QV sports sedan.

However, the brakes are now being applied to the marque's ambitious plans to launch eight new models over the next two years. On Wednesday, FCA revealed that the new cars, which will include three SUVs, a direct

competitor to the BMW 5 Series, a small hatchback and two 'speciality' vehicles — i.e., focused sports models — will now take until 2020 to arrive. That said, a special celebratory edition of the 4C spider designed to

mark the iconic Ducetto Spider's 50th anniversary, is still expected to be unveiled at this year's Geneva Motor Show on March 1. AFP



ALFA ROMEO/HANDOUT

Niro fiddles with eco features

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



KIA

Niro on sale late 2016

Kia's upcoming Niro compact hybrid tall wagon is part of the company's plan to spend \$10 billion US through 2020 on a lineup of eco-friendly cars, including electric vehicles and a hydrogen-fuel-cell vehicle. "We foresee a wide range of eco-friendly power-trains co-existing for an extended period of time," a company official said. Based on a concept shown at the 2013 Frankfurt auto show in Germany, the Niro will go on sale globally late in 2016, followed by a plug-in hybrid model. A 1.6-litre gasoline engine mated to a 32-kilowatt electric motor will motivate the Niro. Power will be sent to the front wheels through a six-speed transmission and energy will be stored in an onboard battery pack.

TEXT AND IMAGES BY WHEELBASE MEDIA

2016 C-MAX ENERGY

Plug-in hybrid has three years of free charging

Charging an electric car is already much cheaper than paying for gasoline, notes alternate vehicle webmag Green Car Reports, but free charging can be even more attractive. Ford is exploring that appeal in California and Maryland for buyers of its 2016 C-Max Energi plug-in hybrid. The company's EV 1-2-3 Charge card grants free access to more than 500 public charging stations for three years.



MIDSIZE PICKUPS

Chevy Colorado undergoes army testing

The Chevrolet Colorado midsize pickup has been selected by the United States Army to undergo testing for hydrogen-fuel cell function in the field. Engineers from General Motors and the Army's Tank Automotive Research, Development and Engineering Center in Michigan are modifying the truck for a 12-month test to evaluate the fuel cell's performance under "punishing" military duty, reports industry journal Automotive News.

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In the Air Tonight is fading out as Josh Donaldson's walk-up music; this year it'll be Ball Like This by L.A. Leakers feat. Future and Wiz Khalifa

IN BRIEF

Jays send cash to Mets for outfielder Ceciliani

Outfielder Darrell Ceciliani has been acquired by the Toronto Blue Jays from the New York Mets for cash.

The 25-year-old hit .206 with one home and five steals in 68 at-bats as a rookie last year. He batted .345 with 19 doubles, four triples, nine homers and 16



Darrell Ceciliani
GETTY IMAGES

steals in 70 games with Triple-A Las Vegas of the Pacific Coast League.

A fourth-round selection in the 2009 amateur draft, Ceciliani was designated for assignment Jan. 27 to clear a roster spot when the Mets finalized their \$75-million, three-year contract with Yoenis Cespedes.

THE ASSOCIATED PRESS

Vardy's brace keeps Leicester at the top

Jamie Vardy continued his prolific season by scoring two goals — including a looping volley from 25 metres — to guide Leicester to a 2-0 win over Liverpool on Tuesday, preserving the team's three-point lead in the Premier League.

Leicester has 14 games left this campaign.

THE ASSOCIATED PRESS

Clippers waiting on results of Griffin inquiry

The Los Angeles Clippers will decide whether Blake Griffin joins them for the team's upcoming road trip after the NBA announces the results of its investigation of the star forward's punching of an assistant equipment manager.

Griffin broke his shooting hand in the Jan. 23 incident in Toronto between him and Matias Testi. Both men were sent back to Los Angeles, and Griffin hasn't been at Staples Center for the team's recent home games against the Lakers and Bulls.

THE ASSOCIATED PRESS



OILERS MCDAVID MAKES TRIUMPHANT RETURN Oilers centre Connor McDavid battles the Blue Jackets' Jack Johnson for a loose puck at Rexall Place on Tuesday night. Playing in his first game since suffering a broken clavicle, McDavid scored a goal and added two assists as the Oilers won 5-1. Cam Talbot made 36 saves in the victory. JASON FRANSON/THE CANADIAN PRESS

'A key asset' on blindside

NFL

Oher rewards Panthers for taking a chance on him

When Cam Newton discovered the Carolina Panthers planned to make a run at signing Michael Oher last off-season, he texted the free agent offensive tackle: "I need you. I don't want you. I NEED you."

Newton had sent text messages before to potential free agent prospects — but this time he was desperate.

The Panthers weren't planning to re-sign struggling left tackle Byron Bell, and Newton needed someone to protect his blindside. He thought Oher, the main character in the popular movie by that name, would be a perfect fit.

The fifth-year quarterback turned out to be right.

Oher is having his best statistical season, and the Panthers (17-1) are the highest-

+ FRIENDLY FIRE

Teammates regularly tease Oher about The Blind Side — a movie Oher doesn't particularly like because he felt it portrayed him as a kid who doesn't like football.

Panthers right tackle Mike Remmers is the first to text Oher to tell him when the movie is on TV — and it seems to be on all of the time.

Remmers also regularly recites lines from the movie, drawing a roll of the eyes from Oher.

scoring offence in the league and will play the Denver Broncos in the Super Bowl on Sunday.

"Yeah, it meant a lot," Oher said emphatically Monday night. "I mean, it's Cam Newton. You get a text from Cam Newton telling you that he needs you, well, you appreciate that. It's definitely something



Tackle Michael Oher is enjoying his best statistical season, his first with the Panthers. STREETER LECKA/GETTY IMAGES

that resonated with me."

Turns out Newton had inside knowledge on Oher.

Newton's younger brother Cecil, an offensive lineman, had been teammates with Oher with the Baltimore Ravens and raved to his brother about Oher's work ethic and professionalism.

Newton bought in — and

so did the Panthers.

Oher signed a two-year, \$7-million contract with Carolina, a move that wasn't particularly popular with Panthers fans considering he'd struggled in 2014 with the Tennessee Titans and been released one year into a three-year contract.

"I got killed on that one," Panthers general manager

Dave Gettleman said.

But Oher has been solid. In fact, he's been more than solid, helping the Panthers finish second in the NFL in rushing and helping Newton achieve an MVP-type season with 45 combined touchdowns.

Oher played in 98.4 per cent of the team's snaps this season and allowed a career-low four sacks — tied for eighth-fewest in the league — and was penalized only three times for 25 yards, according to STATS.

Those numbers were a major improvement over his final two seasons in Baltimore, when he allowed a combined 21-1/2 sacks, and last season when he allowed six sacks in 11 starts with the Titans.

"He's been a key asset to say the least," Newton said.

THE ASSOCIATED PRESS

4

Oher allowed just four sacks this season.

RECIPE Pork Fried Noodles



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada



- 1 tsp salt
- 1 tsp pepper
- 1 package of noodles

Directions

1. Marinate pork in soy sauce, corn starch, 1 Tbsp oil and sugar for 30 minutes.
2. In a large frying pan, heat remaining oil over medium heat. Add garlic and onion, lower heat and cook until translucent. Add chopped meat to pan. Cook meat thoroughly, about 5 minutes.
3. Cook noodles in boiling water according to package directions. Drain and put aside.
4. Mix carrot, bean sprouts and green beans into meat mixture. Toss and blend together then add fish and soy sauce as well as salt and pepper. Sauté until vegetables cook, about 3 to 5 minutes. Then remove from heat.
5. Toss vegetables and all its liquid with noodles and serve.

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Ready in

Prep time: 45 minutes
(30 minutes marinade time)
Total time: 65 minutes

Serves 4 to 6

Ingredients

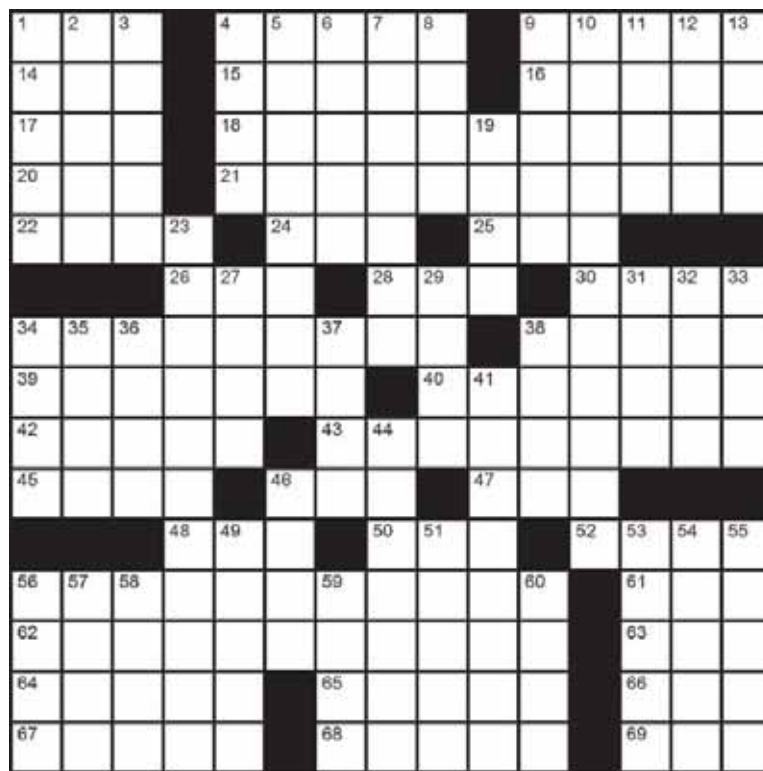
- 1 lb ground pork or chicken
- 1 Tbsp corn starch
- 2 Tbsp canola oil, divided
- 1 tsp sugar
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 carrot, grated
- 1 cup bean sprouts
- 1/2 cups chopped green beans
- 1 Tbsp soy sauce
- 1 tsp fish sauce

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Not on
4. Fictional town in Maine in Stephen King tales
9. Filing letter headings...
14. _ shot (Seasonal needle)
15. Ms. James' of song
16. Ms. Channing
17. Weight unit, variantly
18. Weightlifter's repetitive arm exercise: 2 wds.
20. Energy unit
21. Sports... They occur in overtime: 2 wds.
22. Newbie
24. Nero's 56
25. French 'friend'
26. Director Ang
28. Wee cooking measurement
30. Sweet' _ (Sugar substitute)
34. Dry up
38. Bright lizard
39. Versus
40. Q-tips user, say
42. 1978 hit for Canadian singer Gino Vanelli: "I Just _ Stop"
43. Quaint bathroom sink
45. Hitch
46. Lettered car-pooling lane
47. 'Jacob' suffix
48. Harper Valley gr.
50. Bard's 'through-out'
52. Horse-hauled cart
56. Happenings



61. Alter _
62. Michael J. Fox's wife who played his girlfriend on "Family Ties": 2 wds.
63. Evian, par exemple
64. Distance races, in slang, e.g.: wds.

65. "The Poseidon Adventure" (1972) director Ronald
66. Mr. Diesel
67. View, Bible-style
68. Composer/pianist Erik
69. Manchester, _.

DOWN

1. A lot
2. Plant life
3. Mushrooms
4. _ collector
5. Online stores
6. Religious title, e.g.: 2 wds.
7. 1981: "I Love a Rainy

- Night" by Eddie _
8. Flanders river
9. Happy as _ (Glad)
10. Toronto-born singer/songwriter Robbie Robertson was once part of Bob Dylan's what?: 2 wds.
11. Rock's Motley _
12. _ Rebellion (Early-1840s insurrection in Rhode Island)
13. Building additions
19. Spring
23. Hazards in hockey: 2 wds.
27. Dame _ Everage
29. Legis. meeting
31. Sci. rooms
32. Sacred Buddhist peak
33. Notify of danger
34. Stealing birds
35. "A Summer Place" (1959) star Richard
36. Juliette Binoche's "The English Patient" (1996) character
37. It's _ -way street
38. Rhyming scheme
41. "What place is this?": 3 wds.
44. Anne of Green Gables setting
46. Large instrument
49. Unfaithful one's meet up
51. Splendid display
53. Actor Christopher
54. An additional time
55. "Forever _" by Rod Stewart
56. Baseball great Mel's surnamesakes
57. First Nation of Manitoba
58. Furniture making material
59. Ages and ages
60. Dagger of yore

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may feel as if you can take on the world and win, and maybe you can, but don't get over-confident or you could be in for a major let-down. Life moves in cycles. Nothing stays the same, so be ready for change.

Taurus April 21 - May 21
You have a vague feeling that something is not quite right but you can't put your finger on what. Usually your instincts are spot on but this time, it seems, they have got it wrong.

Gemini May 22 - June 21
You have something to say. Certain people are unlikely to welcome your words. For you the truth is sacred and you won't keep quiet just to make others feel good.

Cancer June 22 - July 23
Stop wasting time and energy on activities that don't pay. Start today by turning down a social invitation that's not important. Don't worry that they won't ever invite you again — that's something to be thankful for.

Leo July 24 - Aug. 23
The old always gives way to the new. Keep that thought in mind today and it will be easier to let go of something that is holding you back.

Virgo Aug. 24 - Sept. 23
It may seem strange to others that you spend so much time thinking and analyzing but to you it's natural. You will be in an especially thoughtful mood today, so don't weigh yourself down with practical matters.

Libra Sept. 24 - Oct. 23
There's a task that needs finishing. Get to it before time runs out this weekend. Make a special effort to tackle it today and you'll be surprised how easily things it comes together.

Scorpio Oct. 24 - Nov. 22
You don't take kindly to others disagreeing with you but someone will ignore your advice and follow their own path today. Don't make an issue of it. You can say "I told you so" later!

Sagittarius Nov. 23 - Dec. 21
You find it easy to accept that different people see things in different ways. That's good because one particular person has been acting strangely. Make it your business to understand them — then help them.

Capricorn Dec. 22 - Jan. 20
Upheavals are likely today and there is not much you can do about them. Come the weekend you'll move into a more positive phase, one in which you can call the shots for a change.

Aquarius Jan. 21 - Feb. 19
More than most you realize that change is necessary. Hold onto that positive attitude today as certain people upset the status quo. You can't change what they're doing but you can find ways to benefit from it.

Pisces Feb. 20 - March 20
You can be a bit too obliging for your own good but that is not an option now. You are going to have to fight for what you desire. Throw off that "nice guy" tag once and for all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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